



Portugal – Northern Cycling Tour (2025)
Individual Self-Guided

8 days / 7 nights



Start your tour by being transfer from Porto to Castro Laboreiro inside the Peneda-Gerês National Park. From the top of the hill you start to descend where you will visit Melgaço, Monção, Valença and Caminha...all at the Minho river – a natural frontier between Portugal and Spanish Region of Galiza. Along the river you'll discover Portugal's oldest border full with castles, forts and religious monuments all on one new cycle path. Leaving Caminha you start to cycle along the Atlantic coast and again with great cycle paths along the water, where you'll still visit Viana do Castelo, Esposende and Vila do Conde before you return back to Porto. An awesome mix of nature, history and landscapes!



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Itinerary Day to Day

Day 1: Arrival in Porto

Day 2: Transfer to Castro Laboreiro

You can enjoy the morning by exploring Porto and after lunch, there will be a briefing at the operator's shop, where they will adjust the bikes for you and then you will be transferred to Castro Laboreiro.

Day 3: Castro Laboreiro – Monção (50km)

Leave Castro Laboreiro and roll along the hills through the green Peneda-Geres natural park to the Minho river. Your first stop will be in the border town of Melgaço, where you will visit the castle and then ride on to the Vinho Verde (Green wine) region and finish the day in the fortress city of Monção.



Day 4: Monção – Caminha (48km)

Always along the flat and quite Minho river on cycle paths you can enjoy great landscapes and visit the border town of Valença do Minho with its lovely old town. The day finishes in Caminha on the mouth of river.

Day 5: Caminha - Viana do Castelo (30 km)

Along the Atlantic Ocean you ride southwards with tailwind to the lovely city and Upper Minho's capital of Viana. In the 16th century, its port gained great importance as one of the entry-points for Portuguese explorers and traders involved in the Portuguese discoveries. There are still historical buildings originating from this period. For high viewpoint lovers you can cycle uphill to visit Santa Luzia sanctuary with a great ocean's view.



OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

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**Day 6: Viana do Castelo - Vila do Conde (54km)**

Leave Viana over the Eiffel bridge and then return to the wild Atlantic coast and ride mostly on cycle paths. In Esposende pass by the fortress with a lighthouse. Soon after pass by the Apúlia's windmills. Next to the ocean pass by P.Varzim's bullring and finish the day in cosy Vila do Conde.

Day 7: V. Conde - Porto (33km)

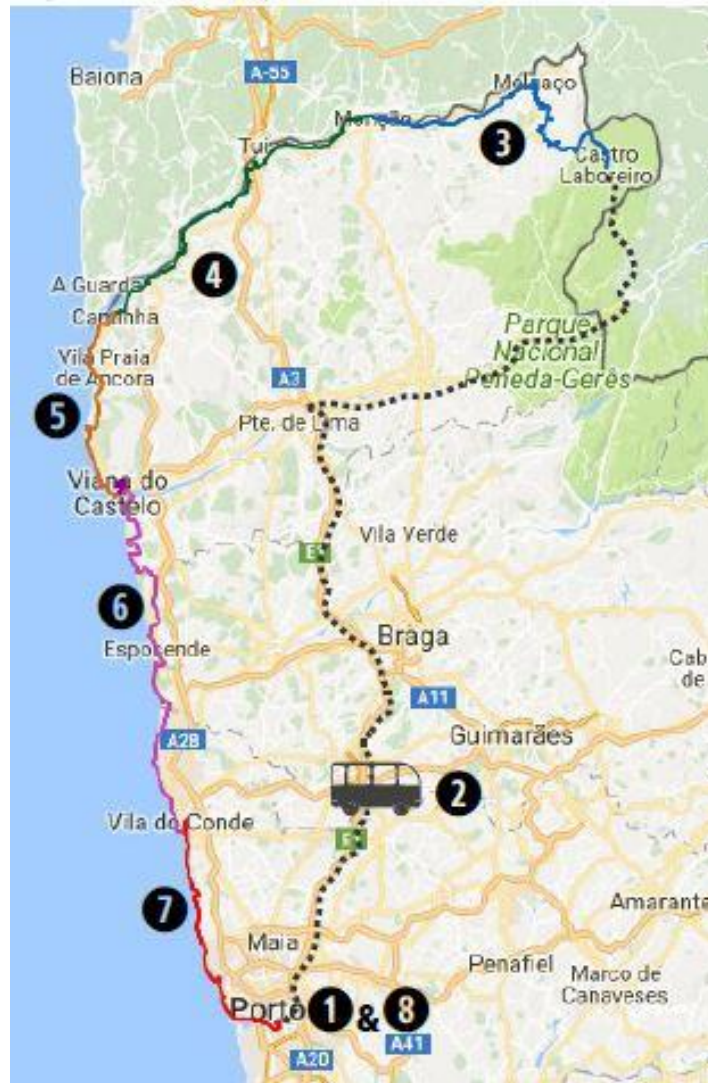
Start today feeling the sea breeze along the Atlantic coast, passing by some fishing villages next to beautiful beaches and end the tour in Porto.

Day 8 - Porto departure



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Route



Route Characteristics: **Route Profile:** Easy Distance: 228 km average/day: 46 km Total ascent: 1817m
Total descent: 2683m

Travel Season: Sundays from 06.04. till 27.10.2025

S1: 06.04. and 27.10.2025

S2: 13.04. – 27.04.2025 / 12.10. – 19.10.2025

S3: 04.05. – 11.05.2025 / 21.09. – 05.10.2025

S4: 18.05. – 06.07.2025 / 31.08. – 14.09.2025

S5: 13.07. – 27.07.2025 S6*: 03.08. – 24.08.2025 (only on request)

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Price per Person in Euros:

Date	Double/Twin	Single Room
Season 1	€1099	€1499
Season 2	€1199	€1599
Season 3	€1249	€1649
Season 4	€1299	€1699
Season 5	€1399	€1799
Extra nights Porto	On request	
Touring Bike Rental	€120	€120
E-Bike Rental	€270	€270
GPS rental with all routes	€60	€60

Included:

- 7 nights w/breakfast in good central hotels
- Dedicated transfer Porto to C. Laboreiro
- bike transfer from Porto to Castro Laboreiro
- Specific roadbook with directions and pics and GPS files for phone
- Luggage transfer for all tour
- 7 day support hotline

Each rental bike has a pannier, lock.

Per group:

- Repair kit with lever, allen key, tube, air pump

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Bikes

A successful cycling holiday depends on good bikes. Therefore we have exigent requirements for our bikes, they must have aluminium frame, Shimano hydraulic disk brakes, racks, fork and seat post w/suspension, Shimano 24/27 gear system and adjustable stem. We have also comfortable e-bikes. Just seat and enjoy the ride!



Touring

Kross Transarctica (Trans7) easy entry:

- Aluminum frame easy entry
- Shimano BR-M315, Hydr. Disc Brake (160/160)
- Shimano Deore RD-M591, Altus FD-M310 (3x8 Speed)
- Suspension fork with Lock-out & suspension seatpost 27,2mm
- Mudguards, front & rear lights, rack, bell
- Tyres: Schwalbe Marathon Plus Tour 700x42c



Hybrid

Orbea Comfort 10/12:

- Aluminum frame „male“/“female“
- Shimano BR-MT200, Hydr. Disc Brake (160/160)
- Shimano Deore RD-M592, Altus FD-M370 (3x9 Speed)
- Suspension fork & suspension seatpost 27,2mm
- Tyres: Schwalbe Marathon Plus Tour 700x42c

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E-bike

CUBE Touring/Town Sport:

- Aluminum frame easy entry
- Bosch Active Plus Generation 3 (50Nm) Cruise (250Watt)
- Bosch PowerPack 500W
- Intuvia/Purion display w/ 4 Riding modes (Eco, Tour, Sport, Turbo)
- Shimano BR-MT200, Hydr. Disc Brake (180/160)
- Shimano Deore RD-M592-SGS (9 mechanical gears)
- Suspension fork with Lock-out & suspension seatpost 27,2mm
- Mudguards, front & rear lights, rack, bell
- Tyres: Schwalbe Range Cruiser, Active, K-Guard, 47-622

Assisting people in realizing their touring dreams worldwide is our passion.

www.okcycletours.com



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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